

Legacy Food Storage
Beef Stroganoff
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container

Serving size 1.5 Cups (87g)

Amount per serving

Calories 330

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 1050mg 46%

Total Carbohydrate 61g 22%

Dietary Fiber 0g 1%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 10g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 1mg 6%

Potassium 224mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Corn Starch, Onion, Maltodextrin, Sea Salt, Coconut Oil, Cultured Cream (cream, nonfat milk, culture, enzymes), Yeast Extract, Sugar, Non Fat Milk, Mushroom, Butter (cream, water, salt), Sodium Caseinate, Spice, Parsley, Lactic Acid, Natural Flavor, Silicon Dioxide, Caramel Color, Sodium Citrate, Mono & Diglycerides, Tocopherols, Culture, Enzyme, Ascorbyl Palmitate, BHT.

ALLERGENS: Wheat.

NET WT 12.15 OZ (344.50g)

GMO FREE

Vegetarian

Uses Sea Salt

No MSG/I+G/AYE

No Trans Fats

Low Cholesterol

DIRECTIONS:

Bring 6 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.